



Grief Healing Coloring Journal

By Benjamin Allen, Deborah Louise Brown

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This coloring journal will give you a place to write about your reflections, memories and the path you are traveling in the Afterloss. Take some time for yourself on a regular basis to work in this book. Remember, there are no rules in coloring and no one will read your journal entries. So do what you do, feel what you feel, and if you color outside the lines because it suits your mood good for you! Inside you will find stress-relieving and creativity-expanding coloring pages plus personal development support via journaling prompts and links to grief healing audios. Used together, these inner and outer tools help you access your own inner guidance while having fun and creating inspiring works of art. This unique multi-media coloring journal book blends a full spectrum of creative learning styles designed to activate brain balance visual (seeing), auditory (listening), kinesthetic (coloring, writing), left brain (listing, planning, journaling), right brain (coloring, doodling, visualizing). We hope it gives you insight and peace. Learn about our other Coloring Journals for Healthy Living at.



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Reviews

It is great and fantastic. It can be written in easy phrases and never hard to understand. You will not really feel monotony at any time of your respective time (that's what catalogues are for concerning if you request me).

-- **Michel Halvorson**

This book is definitely not effortless to start on reading through but extremely fun to learn. Better than never, though I am quite late in starting reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Aliya Franecki**